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EDUCATION

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Most children learn swear words before they learn the alphabet — usually from their potty-mouthed parents, according to "Holy Sh*t: A Brief History of Swearing," by Mellissa Mohr. The Daily Mail reported last week that the book says English speakers swear on average once every 140 words — which explains why kids pick up on knowing at least one or two obscene words by age 2, Mohr said. (EXPRESS)

TECHNOLOGY FAILS

"I'm guessing I bumped it. It started talking really loud, saying 'I can't understand you.'"

— JUDGE RAYMOND VOET, A MICHIGAN JUDGE WHOSE
SMARTPHONE DISRUPTED A HEARING FRIDAY IN HIS OWN
COURTROOM. SPURRING HIM TO HOLD HIMSELF IN CONTEMPT

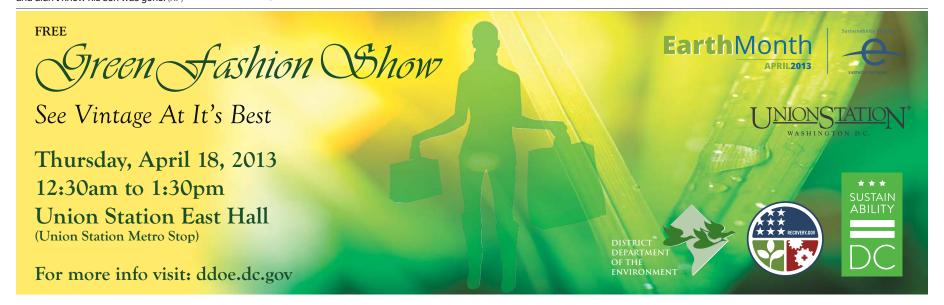
CONVENIENCE

Boy Has Yet to Learn That Chinese Food Comes to You

Authorities say a 6-year-old Michigan boy took his father's car because he wanted some Chinese food. The Lapeer County Sheriff's Office says it was alerted by drivers who saw a youngster driving erratically Saturday. When deputies arrived, two drivers had the car boxed in, and one of them pulled the keys from the ignition. The boy's father told police he had been asleep and didn't know his son was gone. (AP)



GAINING SOME PERSPECTIVE: A man looks at "Maskil," a sculpture by Australian artist Ron Mueck on Monday at the Fondation Cartier art museum in Paris. Mueck will present his new sculptures today through Sept. 29.



Nation

Newtown Parents Back Research on Violence

Foundation aims to answer the question: Why do people kill?

Hartford, Conn.

As parents, Jeremy Richman and Jennifer Hensel were plunged into grief when their only child, 6-year-old Avielle, was killed in the massacre at Sandy Hook Elementary School. As scientists, they wanted answers about what could lead a person to commit such violence.

The couple believes it's unlikely there ever will be a full answer explaining why a man gunned down 26 people inside the Newtown, Conn., school last year. But they feel more research into brain health — and how a propensity for violence is manifested — could help prevent future tragedies.

"When we started reaching out to scientists to talk about the underpinnings of violence and how this particular factor played a role in what happened to us, there is



The Avielle Foundation

The Avielle Foundation, named for 6-year-old Avielle, left, says it hopes to remove stigmas for people seeking mental health aid, develop the concept of a "brain health check-up," and identify behavioral and biochemical diagnostics for detection of people at risk of violent behaviors. The foundation is a way for Avielle's parents, Jeremy Richman and Jennifer Hensel, to harness their scientific training and skills—and to channel their grief. "I think the best way to help from a tragedy such as this is by action where your strengths lie," Hensel said. "This is our motivation now." (AP)

some, but no real, research going on this field," Hensel said.

On Monday, they announced a scientific advisory board for the Avielle Foundation, which was established with the goal of reducing violence. While some other victims' families have immersed themselves in the push for tighter gun restrictions, Avielle Richman's parents see the foundation

named for their daughter as their response to a tragedy. The foundation aims to raise \$5 million this year and begin reviewing its first grant applications later this year.

The Dec. 14 massacre was carried out by 20-year-old Adam Lanza, who killed 20 first-graders and six educators inside the school with a military-style semi-automatic rifle before committing suicide. Lanza,

MEANWHILE ...

In New York

Key measures of New York's tough new gun law kicked in Monday, with owners of firearms now reclassified as assault weapons required to start registering the firearms and new limits on the number of bullets allowed in magazines. New York's affiliate of the National Rifle Association planned to file a court request for a federal injunction to immediately halt the magazine limit. (AP)

In Washington

A bipartisan proposal to expand background checks to more gun buyers is in jeopardy. The pool of potential Republican votes that Democrats will need to push the measure through the Senate has dwindled, and President Barack Obama was calling lawmakers Monday as both sides hunted support for a nail-biting showdown vote expected this week. (AP)

who also killed his mother, played first-person shooter video games in a weapon-filled house where he lived with his mother, according to search warrants released last month, but authorities have not released details of any medical condition that might shed light on his actions. MICHAEL MELIA (AP)

In Brief

KAUFMAN, TEXAS

Source: Case Being Built Against Ex-Texas Official



Williams

A law enforcement official said Monday that Texas authorities investigating the killings of a district attorney and his wife are building a case against 46-year-old

Eric Lyle Williams, a former justice of the peace prosecuted last year for theft. (AP)

WASHINGTON

Hagel Cancels Creation Of Drone, Cyber Medal

Defense Secretary Chuck Hagel is canceling the creation of the Distinguished Warfare Medal, a new military medal for drone and cyber warriors, and instead wants military leaders to develop a special pin or device that would be attached to already existing medals or ribbons. (AP)

WASHINGTON

Senators Plan to Unveil Immigration Bill Today

A bipartisan group of senators plans to unveil today a sweeping immigration bill to secure the border, remake legal immigration, boost workplace enforcement and put 11 million people here illegally on a path to citizenship. Immigration activists were being invited to an 11 a.m. event at a Senate office building. (AP)



Kool-Aid Man's Makeover: Kool-Aid unveiled a new look for its big red mascot Monday. The Kool-Aid Man will now be a computer-generated personality trying to show he's just a normal guy. In one of the new commercials, he's shown as a clear pitcher of water mulling which mix he should "wear" and saying that, "I put my pants on one leg at a time. Except my pants are 22 different flavors. I've got grape pants, I've got watermelon pants." (AP)





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EVERY FRIDAY IN express

Family of Teen Who Hanged Self To File Wrongful Death Lawsuit

San Jose, Calif.

An attorney for the parents of a girl who was sexually assaulted and later hanged herself said Monday that the teen awoke from



the attack with drawings and the name of one suspect scrawled on intimate parts of her body.

Attorney Robert Allard made the disclosure at

an emotional news conference where he and the family of 15-yearold Audrie Pott announced their plans to file a wrongful death law-

suit against the three 16-year-old suspects, their parents and the family of a girl who hosted the Labor Day party where Pott was attacked.

On the night she was assaulted, the intoxicated Pott went upstairs and fell asleep "and woke up to the worst nightmare imaginable," Allard said.

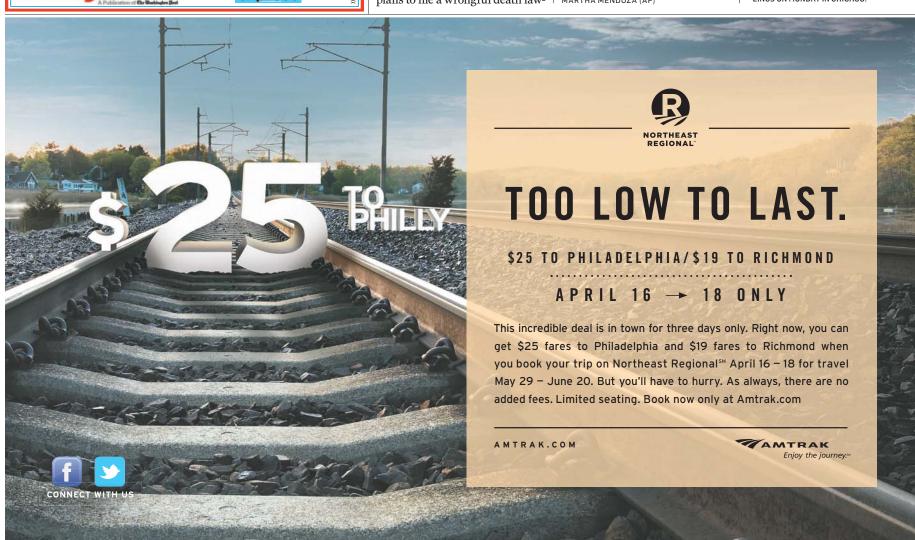
Over the next week, she pieced together who had sexually battered her and realized at least one humiliating photo was electronically being passed around the school.

The boys were arrested Thursday — eight months after Audrie Pott posted online that her life was ruined and then hanged herself. MARTHA MENDOZA (AP)

Hearsay

"We're not going to be deterred. We're going to be inspired. And we're going to use Anne's idealism as another motivation."

— SECRETARY OF STATE JOHN KERRY. ON THE DEATH OF ANNE SMEDINGHOFF, A YOUNG U.S. DIPLOMAT WHO WAS KILLED ALONG WITH FOUR OTH-ERS WHILE WALKING FROM A MILITARY BASE TO A SCHOOL IN AFGHANISTAN FARI IFR THIS MONTH, KERRY VISITED SMEDINGHOFF'S PARENTS AND THREE SIB-LINGS ON MONDAY IN CHICAGO.

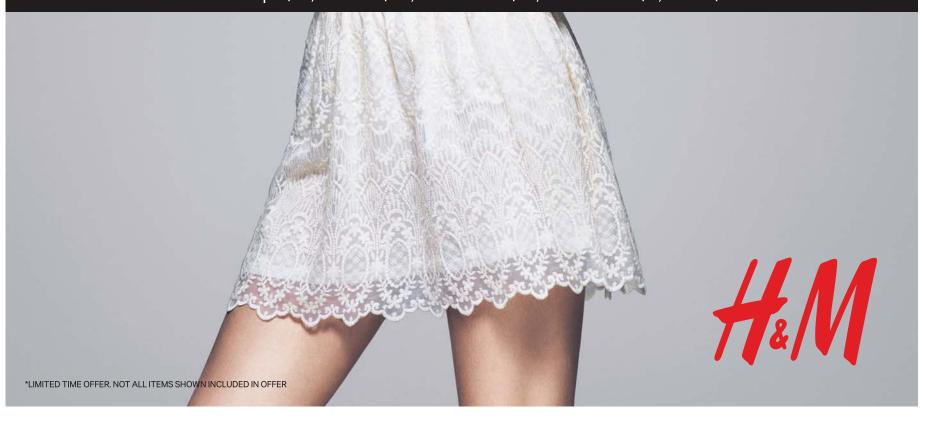


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Nation

New York Times Wins 4 Pulitzer Prizes

New York

The New York Times won four Pulitzer Prizes on Monday, including the award for investigative reporting for stories that detailed how Walmart used bribery to expand in Mexico.

The Sun Sentinel in Fort Lauderdale, Fla., was awarded the public service Pulitzer for its reporting on off-duty police officers' reckless driving. The Pulitzer in breaking news photography went to The Associated Press for its coverage of the civil war in Svria.

In the criticism category, Philip Kennicott of The Washington Post was honored for his essays on art. The Wall Street Journal's Bret Stephens won the prize for commentary.

The Pulitzer in breaking news reporting went to The Denver Post for its coverage of the movie theater massacre in Aurora, Colo. The Star-Tribune of Minneapolis captured

In the Arts

After a controversial decision

not to award a fiction prize last year, the Pulitzer board gave this year's prize to "The Orphan Master's Son." "Disgraced" won for drama: "Embers of War" won for history; "The Black Count" won for biography; "Devil in the Grove" won for general nonfiction; "Stag's Leap" won for poetry; and "Partita for 8 Voices" won for music. (AP)

ing award went to Tampa Bay Times.

The online publication InsideClimate News won for national reporting, and freelancer Javier Manzano won for feature photography.

The Pulitzers, journalism's highest honor, are given out each year on the recommendation of a board of journalists and others. Each award carries a \$10,000 prize, except for the public service award, which is a gold medal. JENNIFER PELTZ (AP)

Corp. offered in a bid to snag U.S. wireless carrier Spring Nextel away from its Japanese suitor in recognition of the way satellite dishes are losing their relevance in the age of cellphones that play YouTube videos. Sprint had accepted a \$20 billion offer from Japan's Softbank Corp. and was expecting to close on it this summer. Sprint, the country's third-largest cellphone carrier, said it will evaluate Dish's offer. (AP)

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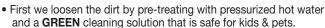


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World

In Brief

BAGHDAD

Attacks Kill at Least 55

Insurgents in Iraq deployed a series of car bombs as part of highly coordinated attacks that cut across a wide swath of the country Monday, killing at least 55 on the deadliest day in nearly a month. The assault bore the hallmarks of a resurgent al-Qaeda in Iraq and appeared aimed at sowing fear days before the first elections since U.S. troops withdrew. (AP)

VATICAN CITY

Vatican: Pope Backs Crackdown on U.S. Nuns



Francis

The Vatican said Monday that Pope Francis supports the Holy See's crackdown on the largest umbrella group of U.S. nuns, dimming hopes that the pope would take a differ-

ent approach from his predecessor. The Vatican last year imposed an overhaul of the Leadership Conference of Women Religious after determining the sisters undermined Catholic teachings. (AP)

Narrow Vote Roils Venezuela

Chavez's VP ekes out win, but opposition presses for recount

Caracas, Venezuela

Venezuela's government-friendly electoral council indicated Monday that it would quickly certify the presidential victory of Hugo Chavez's



hand-picked successor, apparently ignoring demands for a recount.

The move is bound to heighten instability in an already polar-..... ized nation where

Nicolas Maduro was elected Sunday 50.7 percent to 49.1 percent — a difference of 235,000 votes.

"Until every vote is counted," Venezuela has an "illegitimate president," opposition candidate Henrique Capriles tweeted Monday. He urged his supporters to rally today and said that members of the military had been detained for trying to guarantee a fair election.



Fans of Nicolas Maduro, Hugo Chavez's vice president, cheer in Caracas, Venezuela.



Challenger Henrique Capriles, 40, is a

Venezuelan gover-

nor and opposition leader who lost to incumbent Hugo Chavez in the presidential election in October. He gained in recent weeks by accusing the ruling Chavistas of running the country into the ground. (AP)

A Recount?

Venezuelan law does not specify how a recount may proceed or whether a candidate has the right to demand one. The logistics are daunting: 39,319 boxes of ballot receipts were emitted by Venezuela's electronic voting system. They are being held by the military and would need to be checked against printouts emitted by each machine. (AP)

His demand for a recount was being considered Monday by the National Electoral Council. One of the council's five members had also proposed a full recount.

But its president, Tibisay Lucena, had said Sunday night that the result was "irreversible." The winner is to be inaugurated Friday.

Maduro, who was sworn in as acting president after Chavez died on March 5, squandered a doubledigit advantage in polls. By contrast, Chavez defeated Capriles by a nearly 11-point margin in October.

Although the nation appeared calm Monday, the mood was tense after an often ugly campaign.

"We have a president today who is a political disaster who couldn't even mobilize his people," opposition leader Julio Borges told Globovision.

A hint of internal trouble to come came in a tweet by National Assembly President Diosdado Cabello, widely considered Maduro's main rival within their party.

"The results oblige us to make a profound self-criticism," he said. ALEXANDRA OLSON AND FRANK BAJAK (AP)



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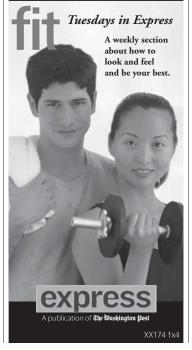
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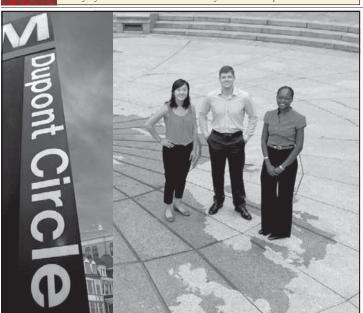
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World

Holiday Changes Tone in N. Korea

Pushing crisis aside, nation turns joyful to celebrate founder

Pyongyang, N. Korea

North Koreans celebrated the birthday of their first leader Monday by dancing in plazas and snacking on peanuts, with little hint of the fiery language that has kept the international community fearful that a missile launch may be imminent.

Pyongyang fired off a rocket ahead of last year's anniversary of Kim Il Sung's birth — the centennial — but this time, the day was simply the start of a two-day holiday for Pyongyang residents.

Girls in red and pink skipped in streets festooned with banners and flags, and boys on inline skates took breaks to slurp shaved ice.

On Edge Elsewhere

The international focus Monday remained on the threat of more North Korean aggression:

- South Korean Defense Minister
 Kim Kwan-jin told a parliamentary
 committee Monday that North
 Korea still appeared poised to
 launch a missile from its east coast.
- ➤ Secretary of State John Kerry, wrapping up a tour to coordinate Washington's response with Beijing, Seoul and Tokyo, warned the North not to conduct a missile test. (AP)

"Although the situation is tense, people have got bright faces and are very happy," said Han Kyong Sim, who works at one of the beverage stands.

There was no sense of panic in the North Korean capital, where few locals have access to international broadcasts speculating about an imminent missile launch and detailing the international diplomacy seeking to rein Pyongyang in.

Foreign governments have been trying to assess how seriously to take North Korea's recent torrent of rhetoric warning of war if the U.S. and South Korea do not stop holding joint military maneuvers.

While concerns over North Korea continued to dominate headlines abroad, Pyongyang's own media gave little indication Monday of how high the tensions are.

The Rodong Sinmun, the Workers' Party newspaper, featured coverage of leader Kim Jong Un's visit to pay respects to his grandfather. There was only one line in the article vowing to bring down the "robber-like U.S. imperialists." JEAN H. LEE (AP)



That's 'Monsieur Tax Man' to You: Tax Day generally passes unnoticed in France, but this year, a major tax scandal has made April 15 a day of reckoning for French political leaders as well. In a bid to "moralize" politics after the embarrassing revelation that France's top tax collector was himself dodging the tax man, President Francois Hollande ordered his entire cabinet — 38 ministers — to disclose their financial records. The results were posted online Monday. (AP)

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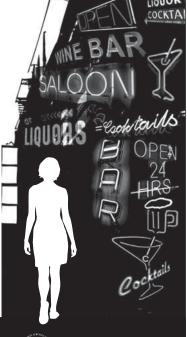
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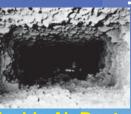
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DC Rider



How to Handle Panhandlers

Along with the tourists, the panhandlers are out in force, jumping from Metro rail car to car. What does Metro prefer riders do, besides, of course, not giving them money? Call police? Contact the driver via intercom?

I think it's more a question of what riders prefer to do about this. I wouldn't use 911 for this, but calling the transit police number, 202-962-2121, or using the intercom to talk with the operator are good choices.

Riders have mentioned two issues during similar discussions: One is that they don't want to call attention to themselves by doing these things inside the car. Very understandable. I've often suggested moving to another car at the next station, so vou're out of earshot. But I also wish there were a way to send a text message to transit police.

The other issue is that the panhandlers are highly mobile. It's going to take a while for transit police to reach a train - assuming an officer is available at that time for this assignment — and the panhandlers could get off at the next station and take a train heading the other way.

Is there a good way to ask others to refrain from eating

on the Metro? Most people I see

eating clearly know that it's not allowed, and our amazingly clean Metro cars are a community effort. Any tips on discouraging this behavior without seeming like a jerk?

That's always been a tough one. My suggestion: Treat the person as a newcomer to the system — even if you don't believe the person is. Offer the friendly advice that eating and drinking are not allowed, and the person faces a fine.

When did coming to a full stop at stop signs become optional? Drivers appear to equate "stop" with "yield."

They yield at stop signs? Things are looking up.

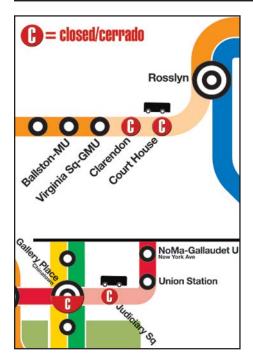




Tag @ExpressDCrider in your Instagram posts of the transit system, and if we wyour shot, email it to us for publication at dcrider@wpost.com.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

TRACK WORK THIS WEEKEND



From Friday, April 19 at 10 p.m. to Sunday, April 21 at closing: Buses replace trains on the Orange Line between Rosslyn and Virginia Sq-GMU and on the Red Line between Gallery Place and Union Station while Metro replaces track circuits. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.





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GR College Park - Greenbelt

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Local

Turf War in Hyattsville

A proposal to install sidewalks divides a growing Md. city

Hyattsville, Md.

In Hyattsville's campaign to put sidewalks on every block, one neighborhood is holding out.

Just six years after voting to become part of the city, the community of University Hills is bucking City Hall and trying to keep its streets sidewalk-free. People who live in the quiet neighborhood say sidewalks would spoil the suburban charm that brought them to University Hills in the first place.

But for Hyattsville, creating walkable neighborhoods with easy access to transit and shopping is essential to drawing more residents and sustaining the city's booming development. Officials say that the city has drawn nearly \$1.8 billion in investment since 2005, including more than 1,200 new housing units.

Across the region, campaigns



Some residents of the University Hills neighborhood oppose installing sidewalks.

"We didn't have sidewalks for 50 years, and I have not seen any problems."

— ANNE KELLY, A RESIDENT SINCE 1960, WHO SAYS SHE WORRIES THE PLAN WILL NARROW HER STREET, TAKE AWAY PARKING SPACES AND COST THE CITY TOO MUCH

for more sidewalks have often meant unhappy homeowners. In 2009, a plan to install 200 miles of sidewalks throughout D.C. provoked what some residents took to calling a "sidewalk war. In Montgomery County, a plan to install a sidewalk on Wisconsin Avenue has neighbors divided. And last year, Falls Church postponed a pedestrian plan after residents raised concerns that the addition of sidewalks would reduce street parking.

Hyattsville residents and officials say they can't remember a municipal issue as contentious as sidewalks, which has been debated for two years.

Poll: Bonds Leads in Council Race

Washington

The first publicly released poll on the upcoming D.C. Council special election shows Democrat Anita Bonds with a slight lead in the race for an at-large seat, with a significant number of District voters still undecided.

Of the 76 percent of poll respondents who said they would definitely or probably vote April 23, Bonds

led the field with 19 percent. Republican Patrick Mara and Democrat Elissa Silverman followed with 13 percent. Democrat Matthew Frumin was at 8 percent, with Statehood Green candidate Perry Redd and Democrat Paul Zukerberg at 2 percent each.

Forty-three percent of likely-voting respondents said they had not made up their minds.

MIKE DEBONIS (THE WASHINGTON POST)

MODERN HISTORY

1776 Draws a Crowd

More than 75 companies have committed to taking space at 1776, an incubator for start-ups, in the eight weeks since it launched, according to co-founder Donna Harris. Most are tech-related, whether focusing on health, education, fashion or green energy. The space at 1133 15th St. NW provides a center of gravity for the District's burgeoning tech industry. (CAPITAL BUSINESS)

The Lotteries

Monday, April 15

Dietwie

District	
Mid-day Lucky Numbers	8-4-7
Evening Lucky Numbers (Sun.)	8-3-1
Mid-day DC 4	3-5-0-6
Evening DC 4 (Sun.)	4-3-9-7
Mid-day D.C. Five	2-6-5-9-3
Evening D.C. Five (Sun.)	7-9-4-3-9

Virginia

Mid-day Pick 3	3-0
Evening Pick 3 (Sun.)	4-7-
Mid-day Pick 4	5-2-6-
Evening Pick 4 (Sun.)	5-6-4-
Mid-day Cash 5 (Sun.)	20-22-25-28-3
Evening Cash 5 (Sun.)	2-16-19-25-3

Maryland

Mid-day Pick 3	4-1-8
Evening Pick 3 (Sun.)	8-5-7
Mid-day Pick 4	2-3-0-3
Evening Pick 4 (Sun.)	2-5-4-5
Match 5 (Sun)	1-2-4-5-36 (19)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Loca

Special Election Preview

A look at the candidates in the D.C. Council special election April 23. Six contenders are vying to fill Phil Mendelson's at-large seat.



Anita Bonds Democrat DC Democratic Party Chairwoman, Interim Council Member

What is the single biggest problem

or issue in the District right now?

The lack of affordable housing. Hous-

ing costs are skyrocketing, and fami-

seniors are forced out of their homes,

and families are forced into homeless-

lies are being pushed into poverty;

ness. ... In 2010, the Delta Associ-

ates market research firm said that

42 percent of city households spend

more than 30 percent of their income

on housing. Tens of thousands of resi-

dents wait for public housing or fed-

eral rent vouchers. This trend has to

be halted and reversed. I want the Dis-

trict to inspect assisted living facilities

comfortable environments. D.C. could

help affordable housing by increasing

rent control, continuing to fund the Af-

fordable Housing Trust Fund, creating

a permanent D.C. Council oversight

committee to work on housing, and

reforming housing agencies ... Afford-

able housing is important to me. I co-

sponsored multiple D.C. Council bills

What is the most promising trend

The city's rapid growth and surge of

new residents. As of July 2012, North

Dakota was the only state with a high-

er population growth rate. This growth

shows that D.C. is a desired place to

live and/or work. Although growth is

be able to partake in the District's

Why is this election important?

The District needs leaders who can

forge political compromises and re-

store trust in elected leaders. The

council members have to conduct

themselves appropriately, and pro-

cesses have to be more transparent.

progress and success.

occurring, long-term residents should

that you see happening in the city?

that would help the housing problems.

so that seniors are assured to live in

What is the single biggest problem

The feeling of many communities that they are being left behind in a period that the growth is coming at their expense. The theme of my campaign is "Let's Grow Together." ... The growth it benefits all of our communities ... and does not divide us. That means ensuring great schools in all our neighborhoods, expanding affordable housing options, creating jobs for D.C. residents and making sure they have the skills to fill them, and fostering

What is the most promising trend that you see happening in the city?

The growing volunteerism and activ-

We face real challenges relating to our approach to education and growth (and an opportunity on budget autonomy). We need to send a message that we are committed to great local schools in every community and ... that while we value this period of growth, we want to make sure it ben-



Matthew Frumin Democrat Ward 3 Advisory Neighborhood Commissioner. Activist

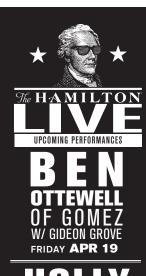
or issue in the District right now?

of tremendous growth, or even worse, ... is positive, but we have to make sure development and economic activity in our most underserved communities.

ism of our residents. We have a proud tradition of progressive activism and support of equality, opportunity and diversity. We are now also benefiting from an influx of a new generation ... It is moving, for example, to tour Georgia Avenue and hear great, constructive ideas from longstanding community leaders about how to shape the coming growth to accommodate all residents, new and old. Likewise, I ... am continually impressed by the dedication of parents and civic leaders working to create great schools ...

Why is this election important?

efits all of our communities ...



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SUNDAY, APRIL 21
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For additional information regarding this research study, please contact:

Jonise Handy

(202) 476-3615 jhandy@childrensnational.org

Ted Miles

(202) 994-8976 tmiles01@gwu.edu

Participants will receive \$25 per visit as compensation for time and travel to Children's National Medical Center







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For more information contact:
The Center for Sleep & Wake Disorders
301.654.5665 • research@sleepdoc.com

Chew Chase, Maryland/Friendship Heights Metro





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The Center for Sleep & Wake Disorders Chevy Chase, MD / Friendship Heights Metro

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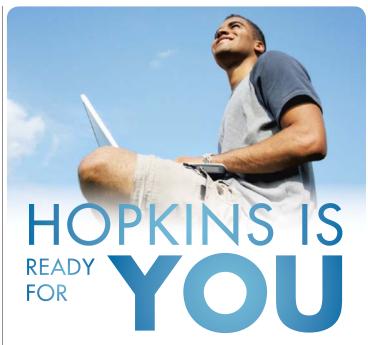
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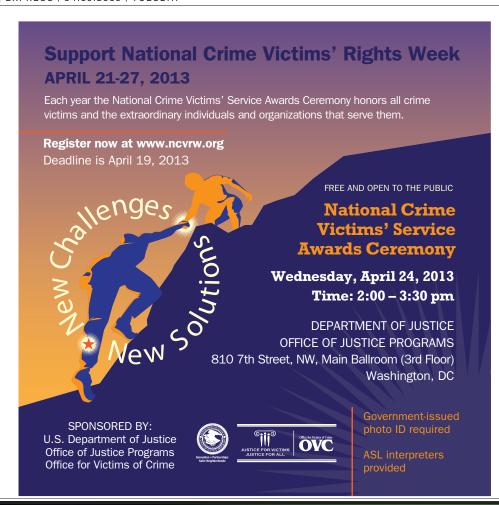
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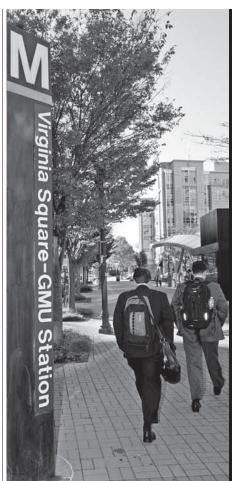
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The Nationals entered Monday's game with the most errors (12) in the majors.

Nationals Are Off To a Sloppy Start

Defense and pitching have both struggled early in the season

Nationals

The Nationals' defense was solid last year, but it has seen its fair share of lapses to open the 2013 season.

On their way to the NL East title in 2012, the Nats committed 94 errors — which ranked fourth-best in the National League. Washington's 12 errors prior to this week's Miami series were the worst in the majors.







"It's still early in the season," shortstop Ian Desmond said. "Obviously we'd like to play better since we're not playing our best. I guess we've learned that. But it's April. Fortunately for us, there are a lot of games left."

Desmond has committed four errors. Third baseman Ryan Zimmerman, who had a team-high 19 in 2012, has accounted for three.

The Nationals are 3-5 in games when they have committed an error.

"I think there's been some misfortune, a couple of tough plays turned into errors," center fielder Denard Span said. "There's no question we have a good, solid defense. We probably need to buckle down and concentrate."

Making matters worse has been a pitching staff that's not living up to the lofty expectations. Gio Gonzalez struggled Sunday against Atlanta, surrendering seven earned runs in five innings.

Dan Haren, a free agent acquisition this offseason, has posted a 9.00 ERA in two starts. Stephen Strasburg has begun the year 1-2. Before the Miami series began Monday, Washington's bullpen had given up six home runs and was 29th in the majors with a 5.90 ERA.

"We're not quite where we need to be — bullpen or pitching," Nationals manager Davey Johnson said.

Washington has more than enough time to correct its early mishaps.

"You can't judge a team on the first [few] games," Gonzalez said. "It's impossible. You have to give us a chance." JASON BUTT (FOR EXPRESS)

MLB Power Rankings

1. Braves (11-1)

Winners of nine straight, they have a 1.82 ERA.

2. Athletics (9-4)

The top offense in baseball, with 74 runs scored.

3. Nationals (7-5)

With this rotation, they should never get swept.

4. Rangers (8-5)

Pitching in Texas? They have the second-best ERA (2.92) in the AL.

5. Giants (9-4)

While their offense lacks power, they boast plenty of dangerous bats.

4 6. Dodgers (7-5)

Greinke injury could change NL West race.

7. Tigers (7-5)

Led by Fielder's .429, they are hitting MLB-best .307.

8. Red Sox (7-4)

No one is pitching better than Buchholz (3-0, 0.41 ERA).

9. Reds (5-7)

Getting swept by Pirates negates solid start.

10. D-backs (8-4)

Goldschmidt (.348, 2 HRs, 10 RBIs) is the best young hitter no one talks about.



Biggest jump: Brett Gardner and the Yankees moved up eight spots this week.



Biggest drop: Manager Mike Scioscia and the Angels dropped from No. 8 to No. 17.

11. Rockies (8-4)

Hot start despite playing just three home games.

12. Cardinals (7-5)

Only the Braves have a better run differential than their plus-27.

13. Orioles (6-6)

Davis already has six homers and 19 RBIs.

14. Yankees (6-5)

Despite injuries, they're still using the long ball to score.

15. Mets (7-4)

Buck (6 HRs, 19 RBIs) is fueling the top-scoring offense in the NL.

16. Phillies (6-6)

Lannan with a 2.77 ERA in his first two starts.

17. Angels (4-8)

Don't they remember last

year's slow start?

18. Blue Jays (5-7)

Reyes injury makes lineup much less scary.

19. White Sox (5-7) One of best bullpens in the

league (1.96 ERA).

20. Royals (7-5)

Shields, Santana and Guthrie is a nice top of the rotation.

21. Rays (4-7)

They have the worst offense in the AL (33 runs).

22. Pirates (6-6)

Offense woke up vs. Reds with 19 runs in three games.

23. Twins (4-7)

Scored just 12 runs during five-game skid.

24. Indians (5-6)

Masterson is 3-0 with a

0.41 ERA in three starts.

25. Mariners (6-8)

Hernandez has allowed seven earned runs in his past two starts, both losses.

26. Cubs (4-8)

They have the third-worst bullpen in the league.

27. Brewers (3-8)

Aside from Braun, no one has more than four RBIs.

28. Astros (4-8)

Answered six-game skid by winning three straight.

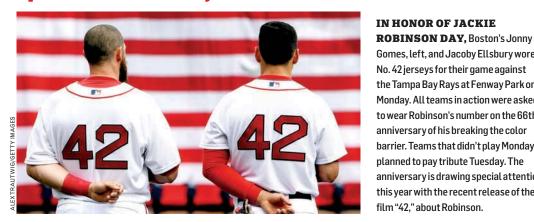
9. Padres (2-10)

No team has allowed more runs (68) in the majors.

30. Marlins (2-10)

No team has scored fewer runs (20) in the majors. JEFFREY TOMIK (EXPRESS) * RECORDS THROUGH SUNDAY

April 15 More Than Tax Day



IN HONOR OF JACKIE

Gomes, left, and Jacoby Ellsbury wore No. 42 jerseys for their game against the Tampa Bay Rays at Fenway Park on Monday. All teams in action were asked to wear Robinson's number on the 66th anniversary of his breaking the color barrier. Teams that didn't play Monday planned to pay tribute Tuesday. The anniversary is drawing special attention this year with the recent release of the film "42." about Robinson.

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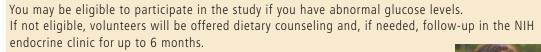


Researchers at NIH are looking for volunteers 35-70 years old with pre-diabetes or mild diabetes (controlled on diet alone or a single pill medication) to participate in a study looking at the effect of treatment with a cortisol blocking medication (mifepristone) or a non-active pill (placebo) on glucose abnormalities. We are offering free screening for diabetes to see if you qualify for the study.

You may benefit from health screening for pre-diabetes and diabetes if you:

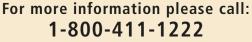


- Are overweight
- Have a parent or sibling with diabetes
- Have high blood pressure or high cholesterol
- Have a history of developing diabetes during pregnancy
- Had a baby who weighed more than 9 lbs at birth



Diabetes screening and all study-related tests and medications are provided at no cost. Participants will be compensated.

The NIH Clinical Center, America's research hospital, is located on the Metro red line (Medical Center stop) in Bethesda, Maryland. Parking is provided at no cost.



(TTY: 1-866-411-1010) Refer to study # 11-CH-0208 Se habla español http://clinicaltrials.gov NIH... Turning Discovery Into Health®





readexpress.com

Sports



Otto Porter Jr., left, averaged 16.2 points and 7.5 rebounds a game in 2012-13.

Porter Declares For the NBA Draft

Georgetown forward is projected to be a lottery selection

Basketball

All-American Otto Porter Jr. is leaving Georgetown after his sophomore season and declaring himself eligible for the NBA draft.

"The toughest part was knowing you're going to leave a great place like this," Porter said Monday at a news conference on campus alongside Hoyas coach John Thompson III. "I love this place."

Porter was the Big East player of the year and finished second in the voting behind Michigan's Trey Burke for the Associated Press player of the year award.

Porter averaged 16.2 points and 7.5 rebounds, both team highs.

The Hoyas were a No. 2 seed in the NCAA tournament, but lost their opening game to Florida Gulf

Coast and finished 25-7.

The 6-foot-8 Porter, of Sikeston, Mo., is widely seen as a likely lottery pick in June's NBA draft — and perhaps a top-five selection.

It's Porter's all-around game that impresses, with his ability to score inside or from beyond the 3-point arc, to rebound, to set up teammates and play defense.

"Whatever they ask him to do, he's going to be able to do," Thompson said.

Porter's breakout performance came on the road against Big East rival Syracuse on Feb. 23. He produced 33 points, eight rebounds and five steals and hit five 3-pointers while playing all 40 minutes in a Hoyas victory.

After Porter had 10 points, eight rebounds and seven assists when Georgetown beat Syracuse again on March 9, Orange coach Jim Boeheim declared that Porter ought to be the No. 1 overall pick in the next NBA draft. HOWARD FENDRICH (AP)



Maryland's Len Also Going Pro

Maryland sophomore center Alex Len has decided to enter the NBA draft. After an uneven freshman season with the Terrapins, the 7-foot-1 Len averaged 11.9 points and 7.8 rebounds in 2012-13. He led the ACC with 78 blocks. The Ukraine native is expected to be a top-10 pick

in the June 27 draft. Len says he's "grown a lot over the past two years" and is "looking forward to the next chapter of my life." $_{(AP)}$



Sports

It's Easy Being Green Down Under

Aussies everywhere celebrate Scott's win at Augusta National

Golf

Greg Norman almost couldn't stand to watch. The Great White Shark had circled around the elusive green jacket too many times without being able to wear it.

Pam Scott was on the other side of the world, trying to catch every agonizing moment.

Norman's close calls lurked in the memories of so many Australians on Monday. They woke up, nervously turned on the TV or radio or went online and discovered Adam Scott was still going strong at the Masters.

No Australian had worn the famous green jacket, although Norman and Scott had been among the handful of Aussies to finish runner-up.

Pam Scott was home with her daughter in Queensland state, watching her 32-year-old son on TV, knowing that generations of people were willing him on, desperate for another big fish in Australian golf.

"We leaped in the air," she said. "We were sitting on the bed all morning from 4 o'clock and couldn't contain ourselves. It was



On Sunday, Adam Scott became the first Australian to win the Masters.

just such a relief."

It was the kind of relief that cascaded across the nation. Commuters whooped and hollered on buses on their way into work. The prime minister was interrupted during a radio interview on the national broadcaster for an update from Augusta National.

"Butterflies doesn't cut it," Pam Scott told the Australian Broadcasting Corp. of the gut-wrenching final holes. "It was hard work this morning. You never know until the last putt drops."

Adam Scott defied the pressure, a picture of poise as he sank a 12-foot birdie putt on the second extra hole to beat Angel Cabrera in a playoff as darkness descended, setting off jubilation on the course and thousands of miles away in Australia. Dennis Passa (AP)

TV Lineup

CAPITALS (7 P.M., CSN) Washington is riding a seven-game winning streak as it hosts the Maple Leafs. The Caps have just six games remaining in the regular season.

ORIOLES (7:05 P.M., MASN) Baltimore has its fourth series of the season against an AL East foe as it opens its series vs. the Rays today at Camden Yards.

NBA (10:30 P.M., TNT) With two games left, the Clippers face the Trail Blazers as L.A. hopes to solidify home-court advantage in the first round of the playoffs.

NHL (10:30 P.M., NCBSN) A possible first-round matchup as the reigning Stanley Cup champion Kings head to San Jose to face the Sharks.











Rabbi Shira
Stutman, above,
dedicated Friday
night's service
to using bodies
for prayer. The
Shabbasana
class, led by
Greg Marzullo,
far left, gave
participants a
chance to stretch
and move before
heading into the
sanctuary.

Let My People Flow

Shabbasana welcomes Jewish worshippers to start Shabbat with yoga

It's customary for Jews to dress appropriately for Friday night services. At Sixth and I last week, that meant stretchy, athletic black pants and moisture-wicking tops. The gym outfits weren't out of place for the debut of Shabbasana, a monthly yoga class designed as a warm-up for Shabbat, the Jewish day of rest.

Rabbi Shira Stutman, director of Jewish programming at the synagogue, came up with the concept as a way to help her congregants connect with religion through more than just prayer. "To overgeneralize only slightly, Jews can get stuck in their heads," Stutman says. "I'm hoping this combination will hit them in their heads, souls and bodies. It's a holistic experience you can't have sitting your bottom on a pew."

For the new monthly program, she enlisted Greg Marzullo, an instructor at Flow Yoga Center. He'd once led a class sandwiched between Yom Kippur services at Sixth and I and had served as a cantor for a reform synagogue. What didn't matter to Stutman is that Marzullo, who was raised Catholic, isn't Jewish.

"Choosing someone spiritually deep, a committed yoga practitioner, was more important than someone being Jewish," Stutman says. "I can do the Jewish part."

Sunday School

The Jewish Mindfulness Center of Washington at Adas Israel (2850 Quebec St. NW) hosts yoga classes every Sunday at 10:45 a.m. The sessions, which are donation-based and open to everyone, weave in Hebrew chanting and Torah discussions. v.h.

And students brought their own spirituality on Friday (as well as their own mats, although there's a stash for people who don't have one).

"I feel most connected to God on a yoga mat," said Amy Fleischer, 29, who's been struggling to integrate her Judaism and her yoga. She typically goes to yoga classes on Friday nights as a way to observe Shabbat but had never before been to one in a synagogue. "I've been longing for more events like this."

Becky Cook-Shyovitz, 26, wasn't sure what to expect from Jewish-inspired yoga. But just practicing in a synagogue was already more uplifting than her usual spot: her office's dark basement gym.

As Marzullo turned on soft Jewish music, he invited his students to consider the significance of when and where they were practicing: "We're coming into a sacred time. Let go of the day, the week that came before it."

He directed students to stand, lift their arms and then pull them back down, as a way to both stretch their bodies and connect with a Jewish ritual.

"We know this from lighting the Shabbat candles," Marzullo said, referencing the arm circles women typically make while blessing the flames.

Details

Sixth and I will host Shabbasana on the second Friday of every month. Class (\$6) is at 6 p.m., followed by a free service at 7:15 p.m., and then dinner (\$8). The first class sold out; register in advance at Sixthandi.org.

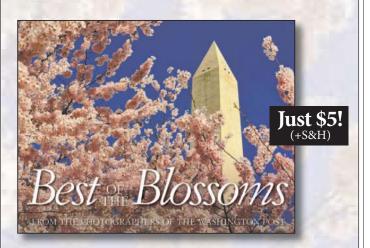
The flowing movements that followed allowed options for the mixed-level group. Marzullo carefully walked through every pose, including a shoulder-rolling version of cobra and a thighburning warrior series, to make sure no one was left behind. At a few points, he suggested advanced variations, such as binds, but there was never any pressure to try anything students weren't comfortable with. (No need to do jump backs into plank on Shabbat, he joked.)

To make sure they continued to be comfortable throughout the evening, Stutman emphasized that yoga clothes were welcome in the sanctuary, too. She was wearing sweats on Friday for services even though she didn't manage to make it to class — she was too busy preparing her sermon on "how we use our bodies in prayer," which included getting the whole congregation up and dancing in the aisles.

"One way yoga is similar to Judaism is we're not supposed to leave our learning on the mat," she said. The intention of a service is to carry the lessons out of the synagogue and into the world.

As Marzullo said at the end of the practice, "Shabbat shalom. Namaste."
VICKY HALLETT (EXPRESS)

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Smoke Out Your Motivation

Do you think it's fair to have cigarette smoking as a deal-breaker in a relationship? I have given my boyfriend ultimatum after ultimatum, and he just won't quit. He was supposedly quitting when we first started dating, and I made it totally clear to him that I would not date a smoker. Six months in, and no progress. UGH

Honestly, I'd say breaking up is more fair than giving him ultimatums ad nauseam. Do you want to stay with him, if the "him" is who he'll always be? That's your bottom line. Some people err on the side of accepting too many caveats — their love temporarily supersedes the warning signs that will eventually grow into bombs and drive them apart. Others are quick to dismiss people almost as a "Seinfeld"-ian

game, because they're really more interested in the sport of dating or the theoretical checklist than they are in the sometimes-messy — but often amazing — possibility of connecting with someone who's not their perfect "type."

If you're not at either extreme, there's a much better chance you'll make the healthiest choice, even as he continues to reach for the Marlboros.

Family Vacation Without Dad?

Every summer since we had children, I have gone back to

the country where I'm from for a month with my kids to spend time with my family. My husband, who was born here, has not gone, in large part because of work. This summer, he's talking about how I should lessen my trip to two weeks because the kids "should be here." I feel like he's trying to take away this part of my heritage, and

he has no good reason why the kids

should not go. FEELING PUSHED, VA

No good reason? Is it not valid that a dad doesn't want to be apart from his kids for a month? Let's say hypothetically that's not even it. It still makes sense that as your kids get older, the vacation schedule might need to morph into something new.

But one spouse dictating what "should" be the case is not helpful, and I wonder if your husband realizes that his words carry the additional emotional weight of making you feel that your culture is being devalued. In a private conversation, try to convey to him the psychological value of the trips. In return, you can try to find ways to build that up outside of these summer stays and acknowledge that a month away might very well be too much.



Send your questions to Dr. Andrea Bonior at baggage@read express.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon
Do You

Mind?

Instead of coffee breaks, participants get meditation breaks at the annual Mind-Body Week (Mindbodyweek.com) in D.C. The four-day program, starting Thursday, features lectures, classes and discussions of how mind-body medicine can address chronic disease. The general public can get just a taste with complimentary Reiki sessions from 3 to 5 p.m. Saturday at The Mindfulness Center (4963 Elm St., Bethesda).

Health-Care Reformer

Fuse Pilates' founder uses her personal experience with MS to create a training course

When Mariska Breland, the founder of Fuse Pilates in Dupont Circle, was developing a program for training clients with multiple sclerosis, she examined all the research she could find, studied up on the science of neuroplasticity, and took a look at her own body.

"Who better to design this than someone who has it?" says Breland, who was diagnosed with the neurological disease in 2002.

Her doctor had advised her to take up yoga or Pilates as a lowimpact form of exercise. And although neither sounded particularly exciting to the former trail runner, she followed his prescription into a whole new way of life. Within a year, Breland was teaching Pilates, and by 2005, she was adding in elements from yoga and barre fitness to create the Fuse method.

Unfortunately, as she launched into this career to help others, Breland realized she was sometimes hurting herself. At one point, she had a cervical spine issue that caused a "pins-and-needles feeling" down her back whenever she tucked her chin to her chest.

"At the time, I was doing head-

stand and shoulder stand," she says. "I shouldn't have been doing those things."

Her left arch collapsed, and her foot was rolling in severely when she walked, but she didn't notice the change until it triggered a cascade of additional problems.

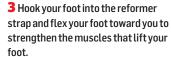
That's why Breland is so fired up about the idea of teaching Pilates teachers more about MS - and other neurological issues, such as stroke - so they'll understand how to identify these symptoms earlier and treat them before they can cause any additional damage.

For maintenance, Breland now has herself doing lots of foot exercises to build up strength. She practices pointing her feet without pointing her toes, lifting one toe at a time off the ground ("like a little

On the Moves

Fuse Pilates founder Mariska Breland recommends these three exercises to people with multiple sclerosis to strengthen their feet. N

- 1 To build ankle strength, sit with a foam roller in between your lower legs. Lengthen your feet by pointing your feet toward the floor. Press into the foam roller with the inside edge of your feet. Hold for a count of 10. Repeat 5-10 times.
- 2 To strengthen the arches of your feet (which help with walking and balance), press your big toes into the floor and lift your other toes. Then switch, lifting your big toes and pressing the rest of your toes into the floor.





"The hardest thing about working with MS is you can't be laissezfaire about it," she says. "You can't work on it for 20 minutes once a week and expect results. I'm working on this every day."

What helps her won't necessarily be the answer for other people with MS because it's such a variable disease with a wide range of severity and symptoms. What started as a simple resource for Breland's Pilates for MS training course has ballooned into a 350page document designed to cover as much as possible.

Details

Breland's first Pilates for MS teacher training will be held April 26-28 at Fuse Pilates (2008 Hillyer Place NW; Fusepilates .com). She'll offer the \$800 course again in May in California.

"What I've tried to create is almost like a cookbook. You can tweak the recipes," says Breland, who'd like to turn her research into something for the general public, so everyone can access these exercises.

Putting together the program has been a somewhat depressing process for Breland, who's been reminded of potential worst-case scenarios and what else might be in store. Her way of dealing with those fears? Being proactive about keeping up her strength, balance and range of motion.

"Maybe MS can't be cured," Breland says. "But it can be bettered." VICKY HALLETT (EXPRESS)

Don't Let Illness Take the Lead

A new D.C. class asks Parkinson's patients if they'd like to dance

Editor's Note: The father of the writer of this article is a member of Dance for PD's advisory board.

When students walk into Dance for

PD, they're not defined as people with Parkinson's disease or caregivers or friends; they're just artists. And that's what makes it a welcoming environment to explore movement, says Margot Greenlee, lead teacher of a new class starting at 2 p.m. Thursday at Iona Senior Services (4125 Albemarle St. NW).



 $Members\ of\ the\ Brooklyn\ Parkinson\ and\ Mark\ Morris\ Dance\ groups\ move\ together.$

This is the first class in the District, but the program, developed by the Mark Morris Dance Group and Brooklyn Parkinson Group, is taught in Maryland and Virginia (and more than 100 other locations around the world). The free, dropin-anytime sessions provide a social outlet as well as a chance to stretch, strengthen and shake off inertia.

There's no need to have experience in any dance style. And most of the hour-long class is performed seated. Learn more about the program at Danceforparkinsons.org. VICKY HALLETT (EXPRESS).



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wellness fit

Rock Out on Green Day

Broccoli City Festival uses music to plug healthy lifestyles

The folks behind the organization Broccoli City don't just want you to eat your vegetables. They want to make it cool to eat your vegetables — and live in a healthy, sustainable way.

So the Broccoli City Festival (noon-8 p.m. Sunday), the group's first "urban Earth Day celebration," will literally bang the drum for the environment.

"Music is a universal connector," says Broccoli City co-founder Brandon McEachern, who hopes

Head Start

Start your weekend with Saturday's Earthday of Action (register at Broccolicity.com). The event, in the Lincoln Heights neighborhood in Ward 7, starts at 9 a.m. with a group workout. Then folks will volunteer in a community garden, picking up trash, distributing soil and planting seeds. v. H.

that the folks who come out to hear tunes will also listen to messages about how to protect the planet and the people who live on it.

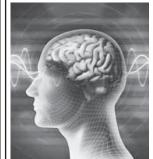
Bands on the main stage won't be the only draw to the Half Street

Fairgrounds (25 M St. SE), adds Darryl Perkins of Broccoli City. Think of it as an actual city with various sites to visit: A grassy park will host yoga, Zumba and other fitness classes; a pop-up market will hawk eco-conscious products; the wellness center will offer massages; and the bar will distribute organic cocktails (to folks 21 and up). Hungry? Visit the row of food trucks.

The point is to try new things and have a good time while raising awareness that "you're not healthy if the world isn't healthy," McEachern says.

Tickets are available for \$29 at Bcfestival.com or for \$17 through LivingSocial. VICKY HALLETT (EXPRESS)

ARE YOU A NATIVE SPEAKER OF AN INDIAN LANGUAGE? and/or A STROKE SURVIVOR?



We need you!

The Aphasia Research Center at the University of Maryland is recruiting stroke survivors to participate in research studies.

Native speakers of Indian languages (Hindi, Gujarati, etc.) and/or English with a diagnosis of aphasia are eligible.

Participants will be compensated.

If you have had a stroke and have a diagnosis of aphasia, please contact Dr. Yasmeen Farogi-Shah at

301.405.2477 or aphasia@umd.edu.







EEK 3: W//国

Weight training isn't just about bulking up and building a Herculean body. It's about toning your limbs, strengthening your muscles, boosting your metabolism, increasing your range of motion and a whole host of other benefits. In short, weight training should play a central role in anyone's fitness journey.







TRAINER: BILL

Gold's Gym Location: Capitol Hill

How are you making weights a part of José's workouts?

We've started by adding light weights during functional movements to maximize his effort levels and lay the foundation for muscle development. However, the weight amounts are low for now, as speed and duration need to be higher to build heart strength and endurance. So far, José's following the program at a good pace and seems committed for the long-term. I've even seen his "I hate you" face a few times - so I know we're bonding quite well!

Why is weight training so important?

Weight training will increase your metabolic rate, increase the amount of calories you can burn during workouts and sleep, make functional movements in everyday life easier, inhibit joint stability, correct your posture, up your cardiac output and more. And Gold's Gym is the perfect place for weight training. We've been a pillar in the world of fitness for decades – due in large part to our expertise in weight training.

C1 - N. O'MAR						
CHALLENGER	PREVIOUS WEIG	HT CURRE	NT WEIGHT	TOTAL LBS. LOST	TOTAL POINTS	
April	241 lbs.	23	6 lbs.	16 lbs.	11	
José	410 lbs.	40	3 lbs.	25 lbs.	9	
Colin	279 lbs.	26	6 lbs.	17 lbs.	8	
Eduard	370 lbs.	36	4 lbs.	22 lbs.	7	
Martha	274 lbs.	27	5 lbs.	8 lbs.	4	
Tamara	253 lbs.	25	253 lbs. 0 lbs.		3	
William III	001	Points awarde	d weekly for %	of body weight lost and o	competitive challenge	

CONTESTANT: JOSE

Gold's Gym Location: Capitol Hill

How are you making weights a part of your workout?

Right now. I'm doing a lot of work interval training with kettlebells, power bars, medicine balls and dumbbells. Of all of them, I really like using the kettlebells - I think the workouts with those type of weights are the easiest and the most fun. But to be honest, the hard part comes when the repetitions set in; it's hard to keep that ongoing flow when you're constantly testing your muscles.

What weight training goals have you set for yourself?

My primary goal is to improve and enhance the way I lift the weights themselves. For example, I could use some improvement in my body posture. Sometimes, (well, OK, all the time) when I get tired, my body finds a lazy way to lift the weights. But Bill's been great; he always catches my incorrect positioning and reminds me just how important posture is to effective (and safe) weight training.

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Spring (Achoo!) Training

Don't let allergies prevent you from exercising outdoors

Even though it's officially sneezing season, there are ways to exercise outside without turning into a sniffling mess.

Where to Work Out

Pollen has been found clinging to lighthouses 30 miles out to sea, says Allen Meadows, M.D., spokesman for the American College of Allergy, Asthma and Immunology. So there's no point in trying to avoid heavily wooded areas. The stuff is everywhere.

Your best bet to avoid pollen: Avoid working out from 5 to 10 a.m., when pollen counts are highest.



A plugged-up nose can force you to breathe through your mouth.

The Right Allergy Meds

If you find yourself taking puffs of an inhaler before every outdoor workout, you probably aren't on the right allergy medication, Meadows says. And he should know: His asthma patients include Olympic swimmers and Ironman triathletes.

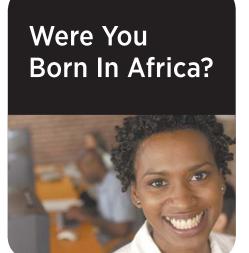
He says the most effective allergy treatments are prescription nasal sprays such as Nasonex or Flonase. For less-effective (but more-convenient) drugstore options, try Claritin, Allegra and Zyrtec. Avoid Benadryl, since it can make you sleepy.

Keep Working Out

The fitter you are, the easier you'll breathe. Improving your cardiovascular fitness reduces the amount of oxygen you need to take in for a given level of exercise, "decreasing the stimulus for bronchoconstriction," says Scott P. Commins, an allergist at the University of Virginia. KRISTEN DOMONELL (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

AFRICAN STUDY

A study at NIH is recruiting **healthy black African men and women** to understand diabetes and heart disease risk in Africans.





Must Be:

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lookout



A Bigger Bush Family

Jenna Bush Hager gives birth to a girl named Margaret Laura 'Mila' 43

Under Arvind Manocha's watch, the Hollywood Bowl, a historic 17,000-seat amphitheater, became an even more beloved must-see summer spot for locals and tourists alike. Pollstar magazine named it "Best Major Outdoor Venue in America" eight years in a row. Manocha, who was also chief operating officer of the L.A. Philharmonic, made the summer season more di-

Sound Bets



Let the Record Show

Saturday is Record Store Day, that hallowed annual event when record stores say, "Hey! Remember us?" Vinylheads line up at the coolest stores (Jack White's Third Man Records is popping up a poolside shop in Palm Springs, Calif.) for special releases.



Not a frothing new-vinyl purist? That's fine. If you're cheap like me, browsing the used crates at local haunts like Smash!, Crooked Beat and the glorious Joe's Record Paradise can

be rewarding any day. I once scored a copy of Michael Jackson's 1979 "Off the Wall," above, which opens into a gatefold poster of him in an Afro, a bowtie and glowing socks, for a buck at Amoeba Music in Los Angeles.

Vinyl is fun. People used to pack up the best of their collections in snappy travel boxes and party, taking turns flipping the discs over. They'd talk about music and trade wish lists. Your roommate's iPhone stuck in a dock just leaves something lacking.

I celebrated Record Store Day early on a recent pillaging trip to my dad's basement. I don't play the discs I took often, but I remember us dancing to them in our living room when I was tiny. Sometimes, he'd even let me flip the record myself.





Arvind Manocha, president of Wolf Trap, sits on-stage at the performing arts center in Vienna. Manocha aims to expand the reach of the organization's education programs.

Next Act: Education

At Wolf Trap, teaching takes center stage under new leadership

Vienna

Aside from the traffic, Vienna and Los Angeles have little in common. The small commuter town just miles outside Washington is better known as the end of the Orange Line than a cultural attraction. But Arvind Manocha, the new president and chief executive of Wolf Trap, is determined to change that about the suburb that houses the nation's only national park for the performing arts. And if his success as a leader of the Los Angeles Philharmonic and the Hollywood Bowl

is an indication of his talent, he may be set to put Vienna on something other than a Metro map.

For the greater Washington area, Wolf Trap is summer. It is sold-out shows or a chance to see the National Symphony Orchestra in a venue that doesn't require a tie. Manocha, 40, hopes to expand Wolf Trap's reach beyond the festival to children who have never been to Virginia or a Gipsy Kings concert.

For children in 956 classrooms nationwide, Wolf Trap is synonymous with an arts-based teaching method taught in public schools. (In 2008, Wolf Trap received a \$1.15 million grant from the Department of Education to research and develop an arts-integrated science, technology, engineering and math

956

The number of classrooms nationwide that use the arts-based Wolf Trap teaching method, which embraces the idea behind "Schoolhouse Rock" and uses music to help kids understand concepts. (TWP)

......

program.) The Wolf Trap method is geared toward children younger than 5 to help them achieve literacy, problem-solving skills and general development. Because children have an innate need to create and move, the method encourages them do just that, using music and dance to help internalize concepts.

"We want to help kids who may not have thought of themselves as scientists or engineers," Manocha says. "So when the time comes, they can say, 'Science and engineering are options for me. I can do that."

verse and reached new audi-

ences with programs that in-

cluded world music, jazz and

any other genre that can be

found on Pandora. (TWP)

At a school in Fairfax County, dance helps teach children how planets revolve around the sun. Storytelling — such as "Three Little Pigs" — teaches children about the scientific method. (The houses wouldn't fall down if the pigs had used the six steps of engineering.)

"We're not teaching arts appreciation," Manocha says. "We help [teachers] use the arts as a way for very young children to grasp concepts like math. There are kids in Detroit or Nashville who've never been to the Filene Center, and for them, the entire definition of Wolf Trap is this education program."



There's Always Hank Williams Jr.: Faith Hill is out of the football game. The country star said Monday morning on Twitter that she won't be doing the "Sunday Night Football" theme song this year. She had been featured at the top of the broadcast for six years. Hill said in her tweet that it's been an honor to appear on the NBC show but that it's time to "let someone else rock the open." NBC has not yet named a replacement. (AP)

lookout top stops



If They Record on Cassette, Is That A Scotch Tape?

The Proclaimers, a set of Scottish identical twins named Charlie and Craig Reid, aren't one-hit wonders. But if you've heard just one song, it's probably "I'm Gonna Be," otherwise known as that song about walking 500 miles and then 500 more. Hear the rest of their catalog at their show tonight.

Birchmere, 3701 Mt. Vernon Ave., Alexandria; today, 7:30 p.m., \$25; 703-549-7500, Birchmere.com.

The Man Behind The Cabinets
Thomas Day, cabinetmaker, survived and thrived as a free
African-American craftsman in the early 19th century — no mean feat. His work is on display at a new

the early 19th century — no mean feat. His work is on display at a new exhibit at the Renwick ("Thomas Day: Master Craftsman and Free Man of Color") that focuses on the unique shapes and designs in which he specialized. Renwick Gallery, 1661 Pennsylvania Ave. NW; through July 28, free; 202-633-7970, Americanart.si.edu/renwick. (Farragut West)

Where the Heart Is

AFI finishes up its Reel Estate film festival (examining the concept of home on screen), and our favorite film on offer

is '90s classic "Slums of Beverly Hills," starring

Natasha Lyonne, left, as a young woman coming of age in L.A. during the 1970s. AFI Silver, 8633 Colesville Road, Silver Spring; today, 9:15 p.m., \$7-\$11.50; 301-495-6720, Afi.com/silver. (Silver Spring)

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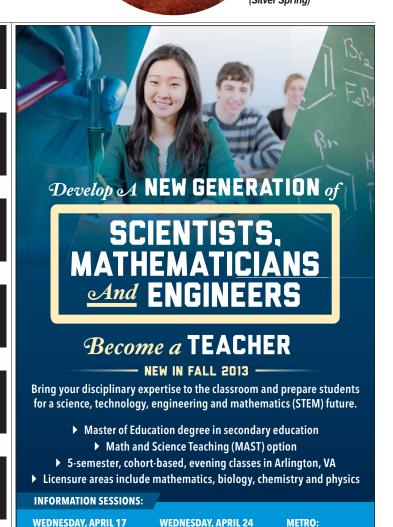


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entertainment lookout

Around the Campfire

Dawes shares vivid tales through song on 'Stories Don't End'

Album Review

The cover of "Stories Don't End" depicts the band Dawes around a campfire exchanging stories, and that image perfectly captures the 12 songs here. It's a tour de force of cinematic storytelling by lead singer and main songwriter Taylor Goldsmith.

Steeped in the California singer-songwriter sounds of the 1970s, each track is familiar musically. Lyrically, the tracks contain com-



Dawes singer Taylor Goldsmith, front, is in storyteller mode on a new album.

plex layers of meaning and vivid imagery that require repeated listening.

Lead single "From a Window



Stories Don't End Dawes

Seat" is Goldsmith's best work yet, a song driven along by an insistent piano line and a wordy selfexamination that riffs on history, geography, identity, all done simultaneously from a bird's-eye view while traveling by airplane. It's a novel, distilled to its essence. CHRIS TALBOTT (AP)

9:30 Club, 815 V St. NW; June 19, 7 p.m., \$25; 202-265-0930, 930.com. (U Street)



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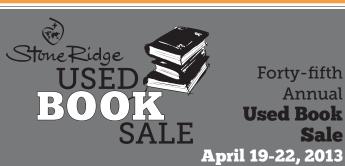


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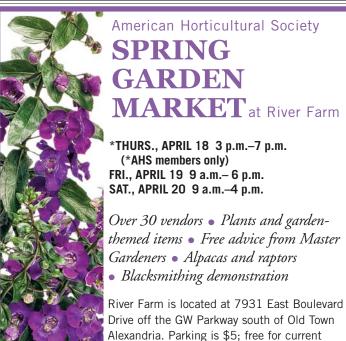
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lookout TV tonight

The Joke's on Viewers

'Who Gets the Last Laugh?' puts a crude spin on prank shows

Comedy

"Who Gets the Last Laugh?" asks three comedians to devise hiddencamera pranks to scare and surprise unsuspecting strangers. Then, a studio audience, aided by host Donald Faison, will choose the funniest one and award \$10,000 to charity.

Produced by "Punk'd" co-creators Jason Goldberg and Ashton Kutcher, "Laugh" puts its emphasis on the cruel and the crude — despite



TBS asks "Who Gets the Last Laugh?" Host Donald Faison seems to have the answer.

the charitable donations. In one setup, two women arrive at their parking lot to find their car being hosed down with sewage, and a third participant is convinced that she's just been the subject of a robbery.

Just how old is this wornout premise? "Candid Camera" debuted — on radio — in 1947. KEVIN McDONOUGH (UNIVERSAL UCLICK)

BEST BETS

PBS **9:00**



The Central Park Five

This documentary, directed by Ken Burns, his daughter Sarah and David McMahon, chronicles the story of one Hispanic and four black teenagers who were wrongly convicted of raping a white woman in New York's Central Park in 1889

BRAVO 9:00 **Don't Be Tardy ...** Season 2 of this "Real Housewives of Atlanta" spinoff follows Kim Zolciak, right, and her husband, Atlanta Falcons defensive end Kroy Biermann, as they raise their four children and deal with the demands of the NFL.

FOOD 10:00 **Chopped** Ingredients inspired by Australia surprise the chefs in the appetizer round. Those who make it to the final round must create a dessert from lollies and lemon verbena. (TRIBUNE MEDIA)

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1 BRs - \$799 2 BRs - \$899

2 BR &

Den - \$1165

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- Refinished wood floors
- All Utilities included, no security deposit
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April 20, 2013 at 5pm. See Leasing Specialist for details.

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AAFB/ FORT WASHINGTON, MD M/F, Cable, no pets, furnished, pool, utilities included, Leave mes-sage. Call **301-265-0639** or **240-401-0069**

ADELPHI, MD - Large furnished room, quiet neighborhood, close to MD University. \$650/month utilitie included. Available Immediately. 240-280-5289

ROOMMATES

ALEXANDRIA, VA - Walk to metro. Professional male, N/S. Ig furn BR, share house, W/D, all util, cable & internet incl. \$875. 703-360-2518 703-360-2518

ARLINGTON S., VA- Share TH w/ male. \$795 for both rooms. No pets. 703-861-6275

BOWIE, MD- Huge furn MSTR BR W/ pvt BA, microwave, fridge, TV, 15 min to Annapolis & DC, use of washer/ dryer. \$695 incl utils. 301-805-1125

BROOKLAND - 2 blocks metro, small BR with kitchenette, A/c, shared BA, \$480/month. Call 202-526-1054

CAPITOL HILL -- Share house, rooms for rent. \$175 weekly. Minutes to downtown and metro. Call 202-412-6783

FAIRFAX- Female to shr, pvt BA and entrance, parking, share kit, N/P, N/S, N/D, refs req, incl'd utils. 703-815-8866

Fairlington—Sh TH. 6 mi from downtown DC. Newly ren. 2 rms av. \$750 & \$500+ mo to mo. 240 426 7356

LEWISDALE, MD - Share home with retired teacher, furnished basement room, near Metro & bus, \$450/month. Female preferred. 301-422-7553

PETWORTH NW DC - 2 blks to metro, room in nice, clean & quiet house. \$650, all utils incl. + net 1 mo deposit & \$50 application fee. 410-740-2012 SE - Furn rm in house, share BA/kit. Near metro & harbor. Pref female. \$165/wk incld util. 301-922-6393

SILVER SPRING, MD - Room for rent, Piney Branch Rd. \$550 includes all utilities. Call **202-903-3518**

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Renovated Colonial! Beautiful 5 br, 3 ba, 1 1/2ba. 3569 SF. 4829 Broad Brook Drive. 301-254-8220 Open Sun. 12-4

\$975,000

Lanham/Upper Marlboro, MD-1/2 price homes for sale. Can rent w/ option. Vet avail. Cred check. Use tax refund wisely. Call Ike Metro RE 301-335-4447

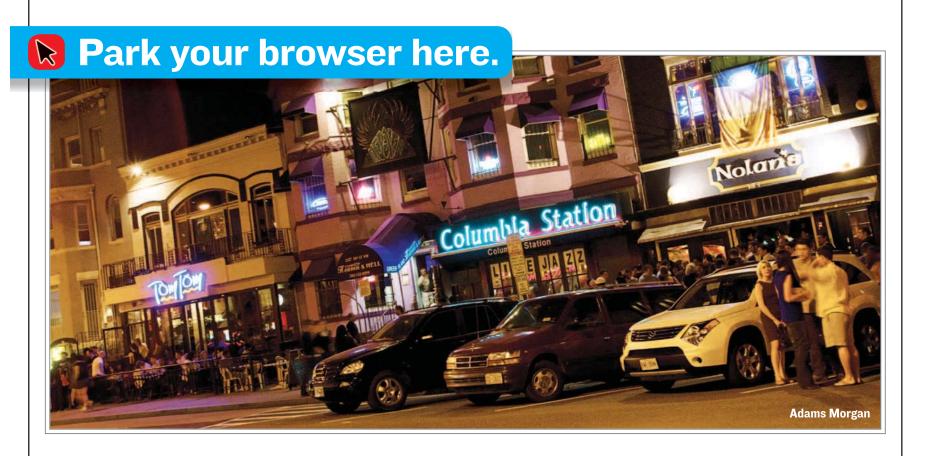
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Look for site highlights in today's Express.

lookout online









"What's more scandalous than soft-core bondage? A superhero infant in tighty whities, apparently."

-THEDAILYBEAST.COM/CHEATS was surprised to learn that, on Monday, E L James' "Fifty Shades" erotic trilogy placed
No. 4 on the American Library Association's annual study of "challenged books," works subject to complaints from parents, educators and others. The objections: offensive language, and, of course, graphic sexual content. Dav Pilkey's "Captain Underpants" books were No. 1.

STRONGER TOGETHER

"The MTV Movie Awards were [Sunday] night, and some stuff happened. ... most importantly, the 'Hunger Games: Catching Fire' trailer premiered. Now if you need me, I'll be stoically holding up three fingers in the direction of Katniss Everdeen."

- AMOS BARSHAD AT GRANTLAND.COM enjoyed seeing new footage from the movie starring Jennifer Lawrence, set for release Nov. 22.

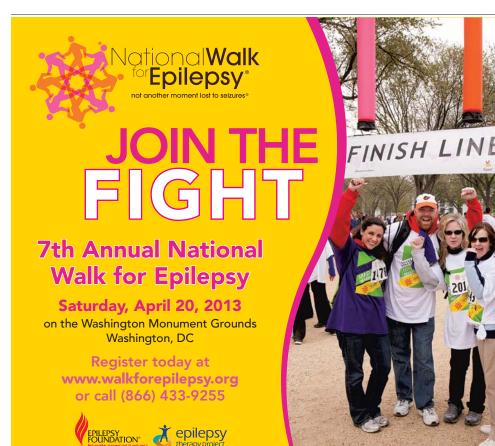
"The 2013 version of The Masters proved why sports is the best in unscripted television."

- MATT YODER AT AWFULANNOUNCING

.COM enjoyed the weekend leading up to the two-hole playoff that finished with Adam Scott, above, beating Angel Cabrera, earning CBS a 10.2 overnight rating. "Tax Day is a time to sit back and reflect upon all the marvelous blessings we receive from our rulers in exchange for letting them take upon themselves the responsibility for spending the wealth we create."

— DAVE BLOUNT AT MOONBATTERY.COM

offers a sarcastic take on April 15, the deadline for filing income taxes with the Internal Revenue Service.





puzzles lookout

HOROSCOPE

ARIES (March 21-April 19) You may have a hard time getting started today, but once you do, you'll find no shortage of things to occupy your mind.

TAURUS (April 20-May 20) There are those who do not believe you are the right one for the job — whatever it may be — but you can prove, today, that they are mistaken.

GEMINI (May 21-June 20) Something you did in the distant past is likely to catch up to you today — perhaps for the first time. You can surely make amends.

CANCER (June 21-July 22) You may have something to do late in the day that occupies your mind and has you rather nervous for hours ahead of time.

LEO (July 23-Aug. 22) You are wanting more in the way of answers than others are able to provide. You must modify your own expectations.

VIRGO (Aug. 23-Sept. 22) You may not be able to get your own work done today until you dedicate some time to another's pet project. Eventually you'll be on your own!

LIBRA (Sept. 23-Oct. 22) Phone or Internet communication will not provide you with everything you need today. What's required today is a little face time.

SCORPIO (Oct. 23-Nov. 21) Yes, you know how to do almost everything that will be expected of you today — but one thing may require a little study.

SAGITTARIUS (Nov. 22-Dec. 21) The more casual you can be in your conversations today, the less threatening others will find you. Avoid being pushy or aggressive.

CAPRICORN (Dec. 22-Jan. 19) A few memories may have you changing your plans before the day is out — but remember, you can't re-create the past in every detail.

AQUARIUS (Jan. 20-Feb. 18) For everything there will be adequate time today, provided you have prioritized and have a schedule you can follow.

PISCES (Feb. 19-March 20) You may feel as though you have too much to do — and you may be right. But that doesn't mean you can't get it all done, does it?



Scrabble Grams PAR SCORE 205-215, BEST SCORE 281



A1 F1 O1 U1 R1 T1 O10

Q₁₀ 2nd Letter Double

Triple

Triple Word Score

RACK 4

RACK 1

RACK 2

RACK 3

Yesterday's Solution

P ₃ L ₁ U ₁ G ₂ O ₁ L ₁ A ₁	RACK 1 =	60
T ₁ A ₁ U ₁ N ₁ T ₁ E ₁ R ₁	RACK 2 =	57
W ₄ I ₁ N ₁ G ₂ M ₃ A ₁ N ₁	RACK 3 =	89
M ₃ A ₁ N ₁ N ₁ I ₁ S ₁ H ₄	RACK 4 =	65
PAR SCORE 195-205	TOTAL	271

FOUR RACK TOTAL

Make a 2-7-letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	3	6			4	5		
	9			1	6		3	7
			3		9			2
8		7					4	9
8 3 1		4	9	2	7	6 7		8
1	2					7		3
9			6		5			
6	8		1	4			7	
		5	7			3	8	

Yesterday's Solution

5	4	7	1	2	6	8	9	3
8	6	9	3	4	5	7	1	2
3	1	2	8	7	9	5	6	4
7	2	8	5	3	1	9	4	6
9	3	6	7	8	4	1	2	5
1	5	4	9	6	2	3	7	8
6	8	3	4	9	7	2	5	1
4	9	1	2	5	3	6	8	7
2	7	5	6	1	8	4	3	9

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN





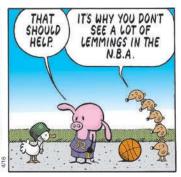




PEARLS BEFORE SWINE | STEPHAN PASTIS







Forecast



74

Today: Clouds yielding to some sun today. A thunderstorm in spots tonight.



78

5 | **0**5

Tomorrow: A shower or thunderstorm tomorrow. Clouds tomorrow night.

Looking Ahead







77 | 60 | 77 | 52 | 64 | 43

Sun and Moon

Sunrise today: 6:30 a.m. Sunset today: 7:46 p.m. Moonrise today: 10:49 a.m. Moonset today: 12:42 a.m. Almanac Normal high: 67 Record high: 89 Normal low: 47

Record low: 28

FORECAST BY ACCUWEATHER.COM © 2013

DO YOU DRINK A LOT OF ALCOHOL?

Do you also feel tense, worried, or distressed?

If so, you may be eligible to participate in a study. The goal of this project (NIH Study #13-AA-0040) is to study whether a medication (Baclofen) currently approved to treat muscle spasms affects alcohol drinking.

Eligible volunteers will be:

- In good health and drug free
- Between the ages of 21 and 65
- Willing to come for four outpatient visits and one overnight stay at the NIH CC in Bethesda, MD

Participants will receive a free medical evaluation and will be paid for doing the study..

> For more details. email cpnresearch@mail.nih.gov or call 301-451-6974



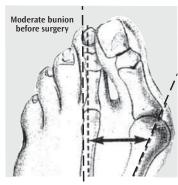




Bothered by Bunions?

If you have a painful bunion, contact the Chesapeake Research Group today. We are looking for qualified individuals to participate in a clinical research study that will evaluate the effectiveness of an investigational pain medication following bunion removal. All procedures will be performed by the Chesapeake Foot and Ankle Center Podiatrists at the Chesapeake Ambulatory Surgery Center in Pasadena, Maryland.

Dr. Ira Gottlieb • Dr. Jenny Nguyen • Dr. Enzo Leone



If you qualify for this study you may receive:

- Surgery at no charge
- Compensation for time and travel
- Lab work at no charge
- Study-related visits at no charge



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Email: info@crgmd.com • www.chesapeakeresearchgroup.com

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lookout puzzles

14

20

26

35

39

43

46

55

63

66

69

23

29

Crossword

1 Carpenter's supply

ACROSS

- 6 Eastern housemaid
- 10 Carrier for needles and
- 14 Out of one's element
- 15 Glass rectangle
- 16 Corporation emblem
- 17 Unable to speak
- 19 Dunderhead
- 20 Science of light and vision
- 21 Mississippi's state flower
- 23 "Bio" or "nano" follower
- 25 Keister
- 26 Contraction that gives trouble to many
- 29 Cross word?
- 31 Hindu wise guys
- 35 Copy a kitty
- 36 Santa's landing site
- 38 "A Bell for ____" (Hersey
- 39 Ancient Greek tragedy
- 43 Flynn of "Robin Hood"
- 44 Geometric calculation
- 45 A day in Spain
- 46 Oscar-winner Martin
- 48 Inner city eyesore 50 Ending for "employ" or
- "honor"
- 51 Sicilian volcano 53 Attack like a turtle
- 55 Starbucks order, perhaps
- 59 Petroleum-packed peninsula
- 63 Big blowout
- 64 In a tense state
- 66 Airborne irritant
- 67 Run in place
- 68 "___ la vista"
- 69 Hebrides island
- 70 Jury member
- 71 Fur trader John Jacob

- 1 Post-WWII alliance
- 2 Straddling
- 3 "It ___ what you think!"
- 4 Not phony

- 5 Alien transport, perhaps
- 6 Unusually intelligent

56

- 7 Hobble severely
- 8 What the sympathizer lends
- 9 Beats around the bush 10 Legendary gold-laden land
- 11 Word with "kit" or "belt"
- 12 Type of tangelo
- 13 Very small amount
- 18 Do an usher's work
- 22 Mogul governor
- 24 Great ruckus
- 26 Force forward
- 27 ___ firma
- 28 Bound by oath
- 30 They don't just sit

32 Old Bea Arthur TV series

64

67

70

15

21

30

58

- 33 Concave helly button
- 34 Carbonated drinks
- 37 Gasoline, diesel, ethanol et al.
- 40 Middle-of-the-road
- 41 Bring cheer to
- 42 Places with hot rocks
- 47 Take off the steamer
- 49 Mrs. Washington
- 52 Parenthetical
- comment 54 100 equal a Serbian
- dinar
- 55 Bacon go-with 56 Dropped like an anchor
- 57 Broadway presentation
- 58 Eye lecherously

- 60 "Pike's Peak or ____!'
- 61 "... and ____ the fire" 62 The first "Mr. Shirley Temple"

HANDCUFFED

12 13

33

61

45

60

16

19

22

38

68

42

59

53

65

65 Yon maiden fair

Yesterday's Solution



Editorial: 202-334-6800

Fax: 202-334-9777

TODAY IN HISTORY

President Abraham Lincoln signs a bill ending slavery in the District of Columbia.

American Harriet Quimby American Harriet Quimby becomes the first woman to fly across the English Channel, traveling from Dover, England, to France in 59 minutes.

In the deadliest shooting rampage in modern U.S. history, student Seung-Hui Cho kills 32 people at Virginia Tech before taking his own life.

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people lookout



IT'S A LIVING

He Still Thinks of Himself As a Dancer, Not a Stripper

lan Ziering, famous for his role as Steve Sanders on "90210," is joining the Las Vegas Chippendales revue as a guest dancer, according to TMZ .com. He'll be stripping during the month of June at the Rio All-Suite Hotel and Casino. Ziering was a contestant on "Dancing With the Stars" in 2007. He and partner, Cheryl Burke, made it to the semifinals. (EXPRESS)

TRANSLATION

College Is for Liberals and **Supreme Court Justices**



Willow Palin, daughter of former Alaska governor Sarah Palin, has graduated from beauty school at age 18. Radar Online reports that Palin bragged about

her daughter on Facebook, saying she encourages young people to get vocational training and that a college degree isn't the only way to get a good job. (EXPRESS)



"We'd just like her to be happy and healthy," said the Hagers. "And president. Obviously, someday she has to be president."

BUSH BABY!

A Dynasty Continues

Former President George W. Bush is now a grandfather. His daughter Jenna Bush Hager gave birth to her first child, a daughter, on Saturday night in New York City. The baby's name is Margaret Laura "Mila" Hager. Jenna Bush Hager is a contributing correspondent for the "Today" show. The former president says the baby was named for her grandmothers. (AP)

Dirtbag Digest

Literal Dirt, in This Case

Octomom Nadya Suleman allegedly left her California rental home a mess when she moved out. Radar Online reports that Suleman and her 14 kids left trash and alcohol bottles all over the house and graffiti on the walls. (EXPRESS)





"Maybe I can get them to think we're vampires in the next interview!"

DEFINITIONS

That Means They're Totally in An Open Relationship, Right?

Jada Pinkett Smith has clarified remarks she made earlier this month implying she and Will Smith are in an open relationship. On Facebook, she wrote: "Will and I both can do whatever we want. This does not mean we have an open relationship ... this means we have a grown one." (EXPRESS)



"This is a wake up call for me, I have to be smarter & last night I wasn't ... everything happens for a reason ... "

KEVIN HART, TWEETING ON SUNDAY ABOUT THE DUI HE RECEIVED OVER THE WEEKEND. THE COMEDIAN WAS PULLED OVER EARLY SUNDAY MORNING.



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6/14-16 8:30 & 10:30 PM **Pharoah Sanders**



6/1 3:30 PM Donvonte' McCoy



6/2 3:20 PM Sarah Hughes

TWINS JAZZ • 8 & 10 PM



6/7-8 Kenny Wessel

6/13, David Schulman & Quiet Motel

6/9 3 PM Elijah Jamal Balbed



6/10 7:30 PM Hilary Kole



6/9 10 AM: Herman Burney & Reginald Cyntje

THE KENNEDY CENTER - MILLENNIUM STAGE • 6 PM



6/16 10 AM. Fred Foss & Paul Pieper Duo

ATLAS PERFORMING ARTS CENTER • 8 PM

ANACOSTIA PLAYHOUSE



6/5 **Lenny White**



6/6 Jacques Schwarz-Bart



6/12 Kenny Rittenhouse Septet

6/12 Michael Formanek Quartet

6/14 Lee Konitz w/ Brad Linde

CAPITALBOP'S D.C. JAZZ LOFT SERIES - capitalbop.com/dcjazzloft for venues

6/10 7 PM Greg Hatza Organ-ization

National Gallery of Art Sculpture Garden

Smithsonian Anacostia Museum





6/8 8:30 PM, Peter Brötzmann & Joe McPhee



6/15 Doors open at 6 PM Karriem Riggins Quartet



ERIMAJ



6/7 5 PM Sin Miedo



6/8 2 PM Craig Alston Quart



For tickets, artists and events, visit DCJAZZFEST.ORG

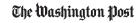
Schedule subject to change, contact venues.









































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